FORM 4.3

Identifying Conditional Beliefs

Area of concern	How much of a concern is this to you? (0–100%)	How I try to cope . . .
Example: Am I smart? (Intelligence)	95%	In order to be competent, I need to do better than everyone. Or If I avoid really challenging tasks, I won't fail.
Intelligence		
Attractiveness		
Closeness with others		
Trust in self or others		
Laziness in self or others		
Rejection by others		
Being controlled by others		
Being humiliated		
Knowing things for sure		
Being interesting		
Being alone		
Others:		

Examples of conditional or coping beliefs:

In order to be competent, I need to do better than everyone.

In order to be attractive, I need to be perfect in my appearance.

I need to keep control of all my emotions, or I will lose control completely.

If I'm cautious, I can avoid rejection.

If I give in to others, then they will like me.

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